

Return to training after a break

Restart from current capacity and rebuild before chasing old records.

01 / Understand the starting point

A previous personal best describes past performance. After a break, choose loads and total work from current tolerance. Illness, surgery and injury may require specific clearance and a separate rehabilitation plan.

02 / Make the useful distinction

Use familiar patterns with fewer sets and easier effort. Keep the first sessions brief enough to observe how you recover. Do not use severe soreness as evidence that the restart succeeded.

03 / Put it into practice

Increase one variable at a time. When daily function, technique and recovery are comfortable, add repetitions, then suitable resistance or an additional set.

04 / Review and adapt

Record the reason for the break, the restart dose and the response the following day. Persistent pain, weakness, dizziness or other unusual symptoms need suitable clinical review.

Original education and planning material. Sources support the general context; sample schedules and worksheets are editorial applications, not tested individual prescriptions.

Put the guide to work.

A worked example, then your own next step.

A practical example

Week one: two brief full-body sessions. Week two: repeat and improve technique. Later: add one small training demand only when recovery is acceptable. This example is not a post-injury prescription.

Your decisions

What task or goal do I want to improve?

What is my starting point and what remains uncertain?

Which detail changes my next useful action?

What would make the action easier to repeat?

When will I review it, and what would require earlier help?

Use the platform

Training: compare programs and technique guides. Daily: generate a session or arrange a week. Planner: calculate targets and select meals. Progress: record completed work. Learn: return to clinical reading when symptoms need professional assessment.

Your working record.

Printable worksheet; use the companion CSV for an editable version.

Session date	Previous baseline	Restart dose	Next-day response	Next adjustment

Evidence and original clinical reading

<https://acsm.org/resistance-training-guidelines-update-2026/>

This original workbook is free to keep and use. The source provides background reading; examples are practical frameworks to adapt. Individual medical and nutrition needs require suitable professional advice.